

10 Random Thoughts on Life, Running, and the Changing Seasons ...

1. When it's winter, we run toward spring. But in the fall we run out of summer and its heat and into cooler temperatures and special scenery.
2. Just the other day I was channel surfing with two remotes, and I was using them both at the same time ... Boy, did I feel special!
3. I ran with the sun at my back and overhead and was able to get a full reflection of my shadow in front of me. It was not especially encouraging ~ it was the shadow of an aging runner ... in my twilight years. Some days it feels like the Twilight Zone.
4. I know we're on the edge of another equinox change. It's in the air. These days I'll take every equinox change I can get.
5. "If you can't find God in a sunrise or a sunset, or in a blade of grass, or in the eyes of a fellow human being ... You'll never find Him in a book of religion." (one of my favorites quotes by Deepak Chopra)
6. My favorite season is spring. There's something about all of it ... rebirth, renewal, and most especially all the growth that was dormant springs to life with magnificent colors ... the resurrection of all of life ... beginning again.
7. The Great Mystery of life itself is the most profound, but we pray to it every day, hoping for forgiveness and acceptance ~ and believing above all that there is a special place in the Universe full of light, hope and peace ... But it still remains a great mystery.
8. I believe in the mid-life crisis. I went through many; and they are ultimately good for you. I used to have them on a regular basis. My only regret is not having kept a journal.
9. I've lost over eight minutes from my best 5K race (17:01). But I keep running the 5K race for some compelling reason I don't really understand ~ except that I'm afraid to stop ~ afraid I'll not get started again. So I keep showing up and putting out the effort. I'm glad to be there. These days, I'm glad to be anywhere.
10. My lasting hope is that one day we will all meet again and run as a group at the same pace along a beach or a rustic trail or a river road; and in that meeting we'll recognize the oneness of us all ~ and the profound sanctity of life.

And may the wind be always at your back.

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